

	FOOD COMPONENTS	FOOD ITEMS	Required Minimum Quantities
BREAKFAST <i>Serve all 3 components</i>	Milk, fluid	Skim, Low Fat, Whole, Buttermilk or Yogurt	1 cup
	Vegetable/Fruit	Full Strength Juice, Vegetable and/or Fruit	1/2 cup
	Grains/Breads	Bread <i>or</i>	2 slices
		Cornbread or Biscuit or Roll or Muffin <i>or</i>	2 servings
		Dry Cereal <i>or</i>	1-1/2 cups
		Cooked Cereal	1 cup
SNACK <i>Select 2 of 4 components</i>	Milk, fluid	Skim, Low Fat, Whole, Buttermilk or Yogurt	1 cup
	Vegetable/Fruit	Full Strength Juice, Vegetable and/or Fruit	1/2 cup
	Grains/Breads (see list above and below)		1 slice or 1 serving
	Meat/Meat Alternate (see list below)	Lean Meat, Poultry or Fish <i>or</i>	1 oz.
		Cottage Cheese <i>or</i>	1/4 cup
LUNCH OR SUPPER <i>Serve all 4 components</i>	Milk, fluid	Skim, Low Fat, Whole, Buttermilk or Yogurt	1 cup
	Vegetables/Fruits	Two Vegetables and/or Fruits	1 cup total
	Grains/Breads	Bread <i>or</i>	2 slices
		Cornbread or Biscuit or Roll or Muffin <i>or</i>	2 servings
		Cooked Pasta or Noodles or Grains <i>or</i>	1 cup
		Graham Crackers	6 squares
	Meat/Meat Alternate (a serving is the amount of meat/meat alternate without bones, breading, etc.)	Lean Meat, Poultry or Fish <i>or</i>	2 oz.
		Cottage Cheese <i>or</i>	1/2 cup
		Cheese <i>or</i>	2 oz.
		Egg <i>or</i>	1 large
		Cooked Dry Beans, Peas or Lentils <i>or</i>	1/2 cup
		Peanut Butter <i>or</i>	4 Tbsp.
		Peanuts, Nuts or Seeds <i>or</i>	1 oz. = 50%
		Yogurt	1 cup

Adult refers to an adult day care center participant who is 60 years of age or older or a chronically impaired disabled person 18 years of age and older.

Refer to the *Crediting Foods in CACFP* for serving sizes of other grains/breads and more information about all other meal components.

Nuts may be no more than 50% of the requirement and must be combined in the meal with at least 50% of another meat/meat alternate – 1 oz. of nuts/seeds=1 oz. of cooked lean meat, poultry or fish.

Fluid milk must be served at least once per day at a meal or snack.